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Skills and Strategies for Coaching Soccer

By Alan Hargreaves

Human Kinetics Publishers. Paperback. Condition: New. 392 pages. Dimensions: 9.9in. x 7.0in. x 1.0in. The key to successful coaching is preparing your players to make intelligent decisions on the field. For years, the best-selling Skills and Strategies for Coaching Soccer has helped coaches of every level do just that. Now, soccer's premier coaching resource has been updated and expanded to provide you with more insights into developing individual talent, team tactics, and winning play. Skills and Strategies for Coaching Soccer provides you with over 125 for teaching skills and techniques. You'll also learn how to develop these skills in realistic game situations with beginning, intermediate, advanced, and all-star players. Essential skills are presented, including collecting and controlling, passing, dribbling, kicking, heading, and goalkeeping. You'll then apply those individual skills with attacking and defensive tactics, team formations, and set pieces. With Skills and Strategies for Coaching Soccer, you'll learn the what, how, and why of soccer through these essentials: -Over 125 drills for beginning, intermediate, advanced, and all-star players-Progressing basic drills into realistic, competitive situations -Tactics in attack and defense-Tactics in set plays-Team management-Mental and physical preparation for games-Handling problem players and parents -Fitness and conditioning-Preparing and developing coaching sessions-Establishing a coaching...



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